

thecollegian

INDEPENDENT VOICE FOR KANSAS STATE UNIVERSITY

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THURSDAY, OCTOBER 16, 2014

www.kstatecollegian.com

Unconventional job worth challenge for student

By ANGIE LINNEBUR
THE COLLEGIAN

When Riley County Police Department receives word of an injury accident or a serious call, an alert tone is sent out and officers are informed of the details and dispatched to the scene.

On April 8, a call came in about a one vehicle, two-motorcycle injury accident at the intersection of Riley Avenue and Walnut Street in Ogdan, Kansas. The nearest responder was Police Service Aide Chase Downing, senior in marketing.

PSAs are not sworn officers, do not carry guns and cannot make arrests. Despite these limitations, PSAs function in many of the same roles as police officers and corrections officers such as responding to traffic-related calls or transporting imprisoned individuals.

According to the PSA application on the RCPD's website, applicants go through roughly four months of application, training and testing. The testing and screening involves physical fitness tests, background checks, questionnaires with over 500 questions and consulting with references.

When he arrived at the accident, PSA Downing found that the driver of the vehicle had fled the area and the motorcyclists were seriously injured. Downing began taking control of the scene until other first responders could arrive.

After radioing to dispatch about the severity of the crash and need for backup, Downing turned his attention to the motorcyclists. With the help of bystanders, Downing was able to secure the head and neck of each individual. It was then that he noticed the extent of one of the rider's injuries.

"He was losing a great deal of blood from his leg," Downing said. "I didn't have time to grab gloves.



VAIL MOSHIRI | THE COLLEGIAN

Chase Downing, senior in marketing and Police Service Aide

I just grabbed his leg, trying to staunch the bleeding."

Another bystander was able to create a tourniquet using a belt to slow the bleeding until Emergency Medical Services could arrive. The motorcyclist with the leg injury was air-lifted to Via Christi Hospital in Wichita, while the other motorcyclist was taken to Mercy Regional Health Center in Manhattan.

For his service that day, Downing was presented with an Achievement of Excellence award, which is a letter of appreciation from the director of the RCPD to employees who have gone above and beyond in their service.

Beyond his PSA duties of serving court subpoenas and responding to accidents, Downing is a full-time student. Interestingly enough, he is not studying anything related to criminology or pre-

law, but is instead in the College of Business Administration studying marketing with an emphasis in sales. Four years ago, as a freshman, Downing decided he wanted more than the average college job.

"I wanted a job that was rewarding and gave me the experience of helping other people," he said.

Downing said he decided to do police work and pursue a business degree because there were similarities between the two. Both jobs involve learning to read people and figuring out how to communicate in a way that they understand.

"You have to work with people to identify the problem or need, talk them through it, develop a solution and then follow-up," Downing said.

Downing's College of Business executive mentor Kevin Grieves, manager of application

development at BNSF Railways, said he believes it's Downing's people skills that help him transition between PSA work and school.

"He listens and responds appropriately," said Grieves.

Officer Mat Droge, public information officer at the RCPD, said a lot of people don't realize the amount of work the PSAs do.

"The stuff that they do for the department and the community, it's significant," Droge said. "It greatly helps out the police department. I can't say enough good things about (Downing)."

Now, at four years after his first shift, Downing said he still loves going to work. He enjoys the challenge and highly recommends to others to get out of their comfort zone and try a new job.

His advice: "Do not limit yourself."

Grads face increasing risk of being 'under-employed'

By RYAN MANRING
THE COLLEGIAN

A recent study by the Bureau of Labor Statistics shows a significant difference between the unemployment rates for the country and young people. Across the country, unemployment is approximately 6.7 percent, which is considerably lower than in 2009 when 9.9 percent of all Americans were unemployed.

For those 25 years old and younger, the current unemployment rate sits at 14.5 percent. For those with college degrees, it is 8.5 percent compared to last year's 8.6.

With tens of thousands of dollars spent on higher education, hundreds of hours studying in and out of class, and years spent at the university, pursuing a degree is an big investment.

It's because of this that every student has to ask themselves whether or not pursuing a degree will pay off. Statistically, for the vast majority of American college graduates it will, though there are a few exceptions.

College graduate underemployment is high at 16.8 percent, a jump from 2008's 10.7 percent. Graduate underemployment is the term for people with degrees are working either part-time or lower wage jobs.

Despite all of this, labor trends have slowly but gradually been improving for the job market as a whole since the recession. College students are being forced to face an increasingly competitive job hunt as they transition from the university life into a less-than ideal postrecession job market.

Jessica Thomas, talent acquisitions specialist for GTM Sportswear, stresses the importance of being well-rounded, teachable and experienced when employers are look for new hires.

"Our main thing is culture fit, coming out of college most people don't have the most hands on experience but that's okay; people can be trained at that point," Thomas said. "Some of the big things we look for are if they have worked and been involved on campus, clubs, fraternities or sororities and work experience."

According to Thomas, employers do understand that most students only have limited experience, but internships and basic time spend in a work environment for your field is strongly recommended for when hiring season comes around.

"I think internships, no matter what form they come in – unpaid or paid – are great if that's the field you're going in to," Thomas said. "For an employer, it's definitely a plus."

CONTINUED ON PAGE 7,
"UNEMPLOYMENT"

Weber talks team development, roles at Big 12 Media Day



PARKER ROBB | THE COLLEGIAN

Head coach **Bruce Weber** yells directions at his team during the second half of K-State's 81-75 loss to the Cyclones Jan. 25 in Hilton Coliseum in Ames, Iowa.

By TATE STEINLAGE
THE COLLEGIAN

K-State men's basketball head coach Bruce Weber remembers just one thing from biology class, but of course it has crept its way into his coaching methods – changing how he develops his team ahead of a highly-anticipated season.

"There's a phrase in biology called osmosis, (which is the) seeping of a liquid through a membrane," Weber said Wednesday at Big 12 Men's Basketball Media Day in Kansas City, Missouri. "I want them to learn their role by osmosis, not by me taking a hammer and pounding it into them. If they just accept it, then it's easier for

them to take pride into it."

It's an odd combination, biology and basketball. Just take a look at the bigger picture, though, and it makes sense. K-State returns nine lettermen from last year's NCAA Tournament team, including 70 percent of its scoring and 65 percent of its rebounding. Transfers Justin Edwards and Brandon Bolden are eligible to play after sitting out a year, while junior college standout Stephen Hurt leads a group of five newcomers into the program.

"We probably have more players, or a similar number of players, where we can probably go two deep at each position," Weber said.

CONTINUED ON PAGE 6,
"Big 12"

INSIDE



4 Beta fraternity men to use screams to raise funds for nonprofit



6 K-State volleyball wins third consecutive conference game

Fact of the Day

The "pound" key on a keyboard (#) is called an octothorp.

uselessfacts.net

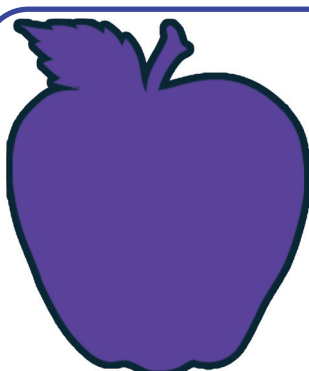
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Best of Manhattan Purple Apple Awards

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ACROSS

1 United nations
5 Gazelle of Tibet
8 Quite enthusiastic
12 Dalai —
13 Scooted
14 From the start
15 Always
16 Greek vowel
17 Shoppers' mecca
18 On the decline
20 Overabundance
22 Julie Chen's show
26 Bar seat
29 Remiss
30 Previous night
31 From one end to t'other
32 Bottom line
33 Prayer ending
34 Still, in verse

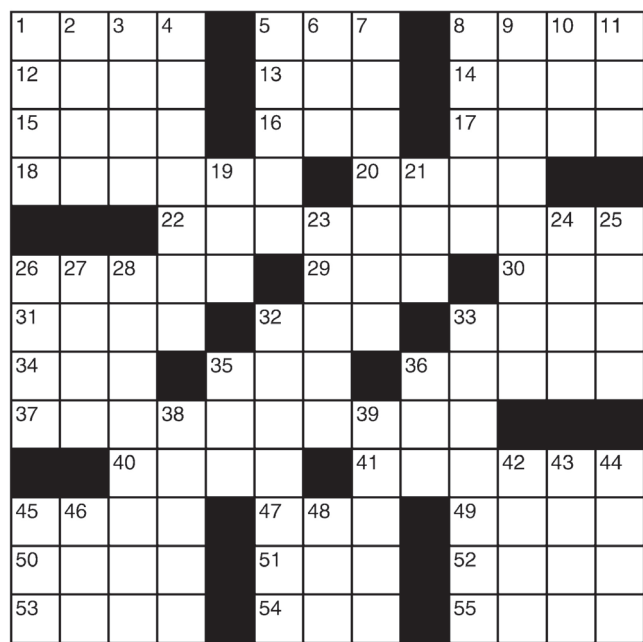
DOWN

1 Huffed and puffed
2 Volcanic output
3 Portent
4 Reindeer creator
5 Shorthand
6 Feedbag tidbit
7 "The eyes/they see," e.g.
8 Range
9 Curse
10 Come together
11 Piercing tool
19 Zero
21 Bagel topping
23 Muddy Waters' genre
24 Tied
25 Tear
26 Hearty entree
27 Quaker pronoun
28 Decoration
32 Bart Simpson's school principal
33 "So soon?"
35 Portion of N.A.
36 Command to Fido
38 Excited, with "up"
39 Dining room need
42 — -European
43 Unforeseen problem
44 Poet Angelou
45 Kids' card game
46 Weeding tool
48 Worldwide workers' assn.

Solution time: 25 mins.

RAM				DVD								
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O	R	B	I	T	A	U	G	E	A	N		
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				K	A	R	E	N		C	A	R
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				A	I	T	C	H		I	K	O
				O	O	H				D	E	N

Yesterday's answer 10-16



THE BLOTTER

ARREST REPORTS

Tuesday, Oct. 14

Raul Jacome Guevara, of 1429 Laramie St., was booked for driving under the influence and driving a vehicle without an ignition interlock. Bond was set at \$3,250.

10-16 CRYPTOQUIP

G I M X S M N S A M ' Y G U Q Y H

L N X M Y B M H L T K A F K T R T B M K ,

S I F Y Q Z Q T X Y R T F G T X H H I M R

H N H U F Z T U S T A Y H I M U T S F .

Yesterday's Cryptoquip: MY MOM GAVE BIRTH TO MY BROTHER WHILE TRAVELING ON A PLANE. PEOPLE ALWAYS SAY HE WAS AIR-BORN.

Today's Cryptoquip Clue: S equals P

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CANTUS 2-8
DAVID SANBORN 2-14
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Letters may be rejected if they contain abusive content, lack timeliness, contain vulgarity, profanity or falsehood, promote personal and commercial announcements, repeat comments of letters printed in other issues or contain attachments.

The Collegian does not publish open letters, third-party letters or letters that have been sent to other publications or people.

CORRECTIONS

If you see something that should be corrected or clarified, call managing editor Jon Parton at 785-532-6556 or email news@kstatecollegian.com.

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Zits | By Jerry Scott and Jim Borgman



the FOURUM

785-260-0207

The Fourum is a quirky view of campus life in voices from the K-State community. Positive and humorous comments are selected for publication by the Collegian marketing staff.

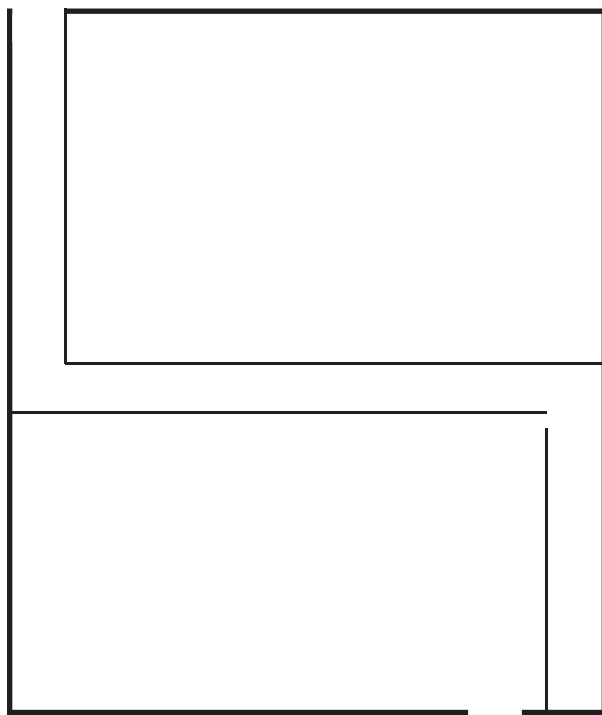
Thanks Collegian! A cryptoquip and three sudokus. I think you are starting to understand me.

I wish Bill would win The 'Ship before he retires, but we cant always get what we want.

To the Royals fan carrying the broom high and proud across campus all day: keep on sweeping on.

To submit your Fourum contribution, call or text 785-260-0207 or email thefourum@kstatecollegian.com. Your e-mail address or phone number is logged but not published.

Maze (six)



Conceptis Sudoku By Dave Green

	1					7		
8			2	6	3			1
				9				
	9						8	
	2	4				6	9	
	6						3	
				2				
7			9	4	1			8
	5						6	

Difficulty Level ★★★ 10/16

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**WRITE
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Group fitness classes give students energetic workout environments

By MICHELLE WEHKAMP
THE COLLEGIAN

With the long hours students spend sitting at a desk preparing for tests or writing papers, staying physically active during college can be a challenge. Finding the time to exercise, especially when already exhausted from studies, is a crucial part of living a healthy lifestyle that students often tend to neglect.

Even if we can find the time to get a workout in, knowing what type of exercise to do or how to execute the form properly can be a challenge of its own.

"I like to be told what exercises to do, because sometimes I go to the gym and find myself not knowing what to do next," Estefania Vargas, graduate student in curriculum and instruction, said. "When I go to group fitness classes, I forget I'm working out."

Recreational Services offer a full schedule of group fitness classes, funded by the campus privilege fee, ranging from mind and body classes such as yoga to cardio classes like Zumba or cycling.

The remodel of the Chester E. Peters Recreation Complex included four new group fitness studios complete with mirrors, high-quality sound systems and a variety of exercise equipment.

New group fitness instructors spend a whole semester

shadowing veteran instructors so they have time to perfect their skills before teaching their own classes. This lengthy training ensures that new instructors learn to provide safe, fun and effective group fitness classes.

"When selecting group fitness instructors, I look for individuals that are full of energy, are reliable and have a great passion," Megan Clark, assistant director of Rec Services, said.

Cycling

"I love leading people in a workout that makes them feel good, which also makes me feel good," Alana Pfeifer, senior in theater and group fitness instructor, said.

In her class, Pfeifer leads all levels of participants through intervals of cycling sprints which focus on the body's core. Her students are guaranteed to work up a sweat.

"Group fitness classes are a good way to motivate yourself," Brittany Gleason, sophomore in accounting, said. "Plus, having classes available each evening forces you to not make excuses to skip your workout."

Yoga

For those who enjoy a more relaxed workout environment, yoga classes are a great way to build strength and flexibility.

"Yoga is a phenomenal way to change up your workout routine, try something new, and reignite the fire of motivation to

Fall 2014 Group Fitness Sept. 2-Dec 12

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30—7:30 AM	Adv. Yoga (Saadia)	Rise & Shine Yoga (Lauren K.)	Adv. Yoga (Saadia)	Rise & Shine Yoga (Alana)			
		Cycle 45 (Abigail)		Cycle 45 (Kaylee)			
8:30 — 9:30 AM	Jump Start (Samantha)		Jump Start (Samantha)		Jump Start (Kassidy/Kaylee)	10:00 AM Weekend Ride	
12:00 PM — 12:50 PM			All Lvl's Yoga (Lauren K.)	Total Body Barbell (Kassidy)	Dirty 30s (Samantha)	10:00 AM Rise & Shine Yoga	
12:30 — 1:15 PM	Aqua Fit (Kassidy)		Aqua Tabata (Kassidy)		Aqua Fit (Kara)		
4:30 — 5:25 PM	Deep Stretch (Lauren K.)			All Lvl's Yoga (CP)			
	Total Body Toning (Danielle)	Pound Fit (Lacey)	No Limits (CP)	Cycle 45 (Gretchen)	Pound Fit (Lacey)		
	Turbo Kick (Michelle)	Zumba (Brittany)	Turbo Kick (Michelle)	Cardio Sculpt (CP)			Zumba (Annie/Brittany)
5:30 — 6:30 PM	Cycle 60 (Lindsey)	Cycle & Core (Kaylee)	Cycle 60 (Lauren)	Cycle & Core (Kara)	Cycle 45 (Abigail)		All Lvl's Yoga (Gabby) (5:30-6:45)
	Yogalates (Alana)	PiYo (Alana)	All Lvl's Yoga (CP)	Gentle Yoga (Madeline)	All Lvl's Yoga (Kelsey)		
6:35 — 6:55 PM	Ab Attack (Michelle)	Ab Attack (Brittany)	Ab Attack (Michelle)	Ab Attack (Madeline)			
6:45 — 8:00 PM	Power Yoga (Peter)	All Lvl's Yoga (Madeline)	Gentle Yoga (Gabby)	All Lvl's Yoga (Kelsey)			
7:00 — 8:00 PM	Zumba (Annie)	Total Body Barbell (Kara)	20-20-20 (Lauren L.)	Zumba (Lexen)			
	Cycle & Core (Alana)	Cycle 45 (Gretchen)		Cycle-lates (Alana)			
8:05 — 8:25 PM	Ab Attack (Peter)	Ab Attack (Kara)	Ab Attack (Lauren L.)	Ab Attack (Kenzie)			
8:30 — 9:30 PM	H.I.I.T (Peter)	H.I.I.T (Kenzie)	Zumba (Jenna)	Butz & Gutz (Kenzie)			

Class schedule & locations subject to change.

RECSERVICES.K-STATE.EDU

have a healthy mind, body and soul," Madeline McMillen, junior in anthropology and group fitness instructor, said.

McMillen said she likes to create an environment for her students that provides a strong

challenge to help them grow and improve, while allowing them to feel comfortable within their own limitations.

Working out doesn't have to mean spending long hours on the elliptical. The ever-chang-

ing workouts from skilled instructors and team camaraderie makes group fitness classes a great way to distress after a long day of studies.

"Group fitness gives you a team to help push and moti-

vate you throughout your entire workout," Kassidy Stecklein, junior in kinesiology and total body instructor, said. "Plus, doing it with friends provides a more fun and less stressful experience."

Local, state talking points

By JON PARTON
THE COLLEGIAN

Engineering team wins international design competition

A K-State architecture engineering team won first place in the heating, ventilation and air-conditioning system selection category an international design competition, according to a press release from the university.

The event's host was the American Society of Heating, Refrigerating and Air-Conditioning Engineers, a professional group designed to promote growth in the industry.

Competition came in the form of 39 teams from 13 countries. The winning K-State team included seniors in architectural engineering John Gaito, Alex Pint, Megan Walkowiak, Lexi Oliver and Gordon Zimmerman. This marks the second year in a row a K-State team has won first place in the category.

Local Sheriff's Office investigating series of thefts

A series of burglaries, property damage and theft are being investigated by the Pottawatomie Sheriff's Office, according to a Manhattan Mercury article. The crimes have taken place mostly in the central and northern parts of the county.

In one incident that occurred sometime

between Sept. 10 and Sept. 29, three chainsaws and two impact drivers were stolen near Martin and Watermill roads. The total estimated loss in that case was \$2,800.

Pottawatomie County Sheriff Greg Riat said in a press release that the incidents began sometime in early June. The department is currently investigating whether or not the series of thefts are related.

The Sheriff's Office asks that anyone with information contact them at 785-457-3353. Calls are anonymous and a reward is being offered for tips that can lead to an arrest and conviction.

Royals sweep the Orioles, head to the World Series

The Kansas City Royals won 2-1 against the Baltimore Orioles Wednesday night, clinching the American League Championship and sending the team to the World Series. The Royals, who have not been in a playoff game for 29 years, will go on to face the winner of the National League Championship Series between the St. Louis Cardinals and San Francisco Giants.

"We know once we have the lead, we've got the best pitching staff and the best bullpen around," Royals infielder Eric Hosmer said in an AP article. "So we've got to get them the lead. We're not done. We ain't done yet."

The first two World Series games will be hosted at Ewing M. Kauffman Stadium in Kansas City, Missouri starting Tuesday.

Smartphones without data usage results in communication issues



CHLOE CREAGER
THE COLLEGIAN

I became intrigued with the notion of going data-free after hearing about other students who had no cell phone at all, and difficulties faced by some who weren't allowed access to their phones by professors when they needed to be reachable for work-related issues.

In order to figure out how tricky it would be to live without the benefit of being constantly accessible, I decided I would turn off my phone's cellular data and limit my social media time to a brief, computer-only time slot every morning and evening for a week.

Since I've had a smartphone for less than six months, I didn't think it would be all that difficult to adjust, but there were some surprising challenges.

Monday

The first day's issues were all relatively minor. I kept pulling up my social media apps out of habit, even though I would catch myself right after doing so.

The most frustrating part was when I realized I would

be unable to use my run tracking app for the duration of the experiment; that in itself made it almost tempting to scrap the whole thing. Instead, I settled for using my phone's built-in timer.

One of my friend's texts wouldn't go through my phone, but I wasn't sure if it was related or not. I could still use iMessage on my computer to text them, so it wasn't a large issue at this point.

Tuesday

On Tuesday, the first real benefits of this experiment surfaced when I realized it was much easier to fall asleep without a phone to browse the Internet on. It was also a little easier to be productive without my phone distracting me.

My phone's battery also lasted much longer; I only used about 8 percent throughout the day. Even if it's not a convenient power saving feature, that can be handy in a pinch.

There were plenty of negatives to match those positives, however. I was no longer able to check my group messaging app, through which I communicate with groups on class projects. I also had trouble getting texts in general. When I cheated and turned on the Wi-Fi for just a moment, they all came through at once.

Wednesday

Day three. Relying on my laptop for communication proved to be not only an inconvenience, but an actual impediment after

causing some collaboration issues with an editor about a last-minute article pitch. Having no data was officially interfering with both social- and work-related communication.

Thursday

I opted to scrap the project upon realizing that I was missing group text messages about a group project. This experiment wasn't worth sabotaging my grades for.

Overall Impressions

The issues with text messages was a large challenge of going without data. However, it wasn't all that difficult not having a constant connection to social media — though it took quite a bit of time to get caught back up on my newsfeed.

From that perspective, having constant access could be considered a time saver overall. It was an eye-opener seeing how much data I consumed during the day.

So, you don't need data for important communications, going back to the basic world of telecommunications would be an easy move. But, if you enjoy or need to have data available for social media, work or for random Google searches throughout the day, discarding your data is not something I'd recommend.

Chloe Creager is a freshman in agricultural communication and journalism. Please send comments to edge@kstatecollegian.com.

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HALLOWEEN

GUIDE 2014

Thirteenth Beta Boo to scare up money, support for disabled

By LAURA MEYERS
THE COLLEGIAN

Beta Theta Pi fraternity will be opening their haunted doors at 500 Sunset Ave. to the public as its members host the 13th annual Beta Boo haunted house on Friday, Oct. 31. As a philanthropy event, all proceeds from the night will go to TARC, a nonprofit organization in Topeka.

According to its website, TARC is a provider of support for children and adults with intellectual and developmental disabilities:

“(TARC’s) vision is that all people, including those with intellectual, developmental and related disabilities, experience life to their potential.”

The philanthropy hits home with the Beta brothers as it honors the recent passing of Luke Savage, younger brother of Dalton Savage, junior in civil engineering and pledge member of Beta.

“Luke passed away right before Beta Boo was supposed to happen (in 2012),” Dalton

said. “Right after it happened, everyone came to me said, ‘We’re here for you through all this and we’re going to honor Luke through TARC.’”

In the past years, the fraternity has given collected and donated canned goods to the Flint Hills Breadbasket. Yet members changed its focus to a new philanthropy that hit closer to home.

“Luke was a little behind the rest of the kids in his class, and TARC helped him to develop certain skills,” Dalton said. “It was absolutely amazing how they wanted nothing in return for all that they did. Now, my mom has been really, really active on their board to help pay back for all they did for us and for Luke.”

Though the fraternity will still accept canned goods as donations, senior in architectural engineering and president of Beta Theta Pi Kyle Rieger said they want to encourage people to donate to TARC. There is a \$3 suggested minimum.

On Halloween night, there will be two featured times for those brave enough to enter a haunted tour. The first, from



HANNAH HUNSINGER | THE COLLEGIAN
Beta Theta Pi will host a haunted house on Oct. 31, as a philanthropy event to benefit TARC Inc., a nonprofit organization in Topeka.

5-6 p.m., is the “kid-friendly” version. The 6:30-9:30 p.m. tour is for scare seekers 14 years old and up.

“There are groups of five or six guys that are assigned to a room,” Rieger said. “They get a budget for that room, and

every room has a theme. Last year, we had one room with a horror surgery-like room and a maze in the basement.”

In the spirit of tradition, there will be a maze in the basement again this year.

“I’m assigned to the

basement along with most of my (pledge) class,” said Matt Ayres, junior in biology and executive team member for Beta Theta Pi. “We’ll make costumes for ourselves, then basically black out the whole room and make it like

a torture-dungeon maze in the basement. My favorite part is getting to scare college kids and actually getting people to jump. Tough guys will come through and get really silent, and then go, ‘Oh god I’m scared.’”

Bluemont Hotel accommodates older crowd with Mystery Masquerade

By BRIAN HAMPEL
THE COLLEGIAN

Mysteries coincide with the eerie theme of October. This Friday evening, the senior citizens of Manhattan are invited to The Bluemont Hotel to experience a new kind of dinner: murder mystery.

“One of the actors dies at the beginning, and the rest of the actors lead the group on a whodunnit,” Ginny Pape, Manhattan Parks and Recreation Department recreation supervisor, said.

This racing plot is created by The Murder Mystery Company, a troupe of improv actors who specialize in interactive mysteries. After a buffet meal, someone dies and sets the story in motion. As the evening progresses, the guests gather clues, interrogate the suspects and try to catch the masked killer before the night is over. There are prizes for the guests who solve the mystery.

According to its website, the actors of The Murder Mystery Company are all trained in what they call “grimprov,” the art of staying in charac-

ter and still being comedic against the backdrop of murder and intrigue.

“The Bluemont Hotel is thrilled to be working with Parks and Rec on this,” Cassidy Anderson, sales event coordinator for The Bluemont Hotel, said. “We’re really glad to be this busy hosting events. We’ve got a ‘Sweeney Todd’ dinner for the K-State theater department coming up, a ton of weddings booked for next summer and now the Murder at the Masquerade. We’re pumped to be hosting this event, and we’d love to work with Parks and Recreation for more fun, themed events.”

Every fall, the Manhattan Parks and Recreation Department puts on a Halloween event as part of its Senior Fall Festival.

“We like doing the spooky themes for the seniors,” Pape said. “Anyone (age) 50 and up is welcome.”

Two years ago, the department brought in a paranormal investigator for an evening of entertainment. Last year, The Murder Mystery Company put on a similar interactive show called “Death at the Doo-Wop,” with a retro ‘50s theme. “This year is masquerade

themed,” Pape said. “So we’re giving the seniors Venetian masks for the masquerade setting. We really hope The Murder Mystery Company and The Bluemont will be on board for another show next year.”

Members of the K-State Gerontology Club also recognizes the specialty of these events for the seniors in the area.

“A lot of places, especially rural communities, will have really underserved elderly populations, but Manhattan is better-equipped than most,” said Heath Rath, adviser to the club and graduate student in gerontology. “We’re pretty lucky to have the involvement of the university and an involved recreation department, so we can have events like this that give the seniors something to engage in.”

Rath said an event like this might not appeal to those living in assisted care. But, in his own words, as long as the older population can be engaged in something they enjoy, there is no wasted effort.

Tickets for Friday are available for \$35 at the Manhattan Parks and Recreation Department.

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HALLOWEEN

GUIDE 2014

Neflix gets spooky with horrifying Halloween movies



BRADIE ARMSTRONG
THE COLLEGIAN

It's that time of year again. That special time of year where we decorate with a bright orange fruit and little ghosts and scare the crap out of each other for fun. Happy Halloween! What better way to get in the spirit than to binge watch scary movies with friends? Or alone if you're brave enough. Here are seven creepy classic thrillers to check out on Netflix.

'Carrie' (1976)

Carrie, played by Sissy Spacek, is an outcast with telekinetic powers and an overbearing mother. The kids at school don't just dislike Carrie, they hate Carrie. After a traumatic experience in gym class Carrie is skeptical of her classmates, but reluctantly accepts an invitation to prom from a popular jock she barely knows. Havoc ensues due to teenage hatred, a strict religious mother, farm animals and Carrie's unpredictable temper.

Although this R-rated movie isn't particularly suspenseful, there are a select few horrific scenes that will keep you up at night.

"Carrie" gets 3/5 stars.

'Steven King's Children of the Corn' (1984)

What's creepier than a cult of small children killing everyone over 18 in various gory ways? Almost nothing.

In the R-rated film, a young couple tries to take a road trip but

they are interrupted by an "accident," causing them to venture through a ghost town. It is here that they discover demented pagan children and a monster living among the cornfields. Will they survive?

If you can handle some serious blood-and-guts action, then grab some popcorn and stream this gory flick.

"Steven King's Children of the Corn" gets 4/5 stars.

'Scream' (1996)

Talk about drama and deception. While the rated-R storyline can get a little confusing, this thriller combines suspense and betrayal like no other.

Sidney Prescott, played by Drew Barrymore, is recovering from the loss of her mother, who was brutally murdered a year earlier. Soon, other teenagers in town are killed off one by one, leaving Sidney and her friends to pool together their knowledge of scary movies in order to guess what the masked killer plans to do next.

"Scream" gets 4/5 stars.

'American Psycho' (2000)

Even though he is the aforementioned "psycho," Christian Bale is no doubt a nice piece of eye-candy, especially in all those business suits. His character, Patrick Bateman, leads a double-life as both a wealthy investment banking executive and a serial killer. He must remain in control of even the most minute details of his life, striving for perfection. Even his business cards must be top notch. Such type-A tendencies cause stress for Bateman, leading to his violent outbursts behind closed doors. He is selfish, sneaky and egocentric.

This R-rated movie will leave you wondering about every random stranger on the street. Are they crazy too? Some scenes caused me to

cover my eyes due to explicit gore.

"American Psycho" gets 3/5 stars.

'The Silence of the Lambs' (1991)

FBI trainee Clarice Starling, played by Jodie Foster, is in charge of getting pertinent information from an incarcerated serial killer who doubles as a psychiatrist, making Clarice's job even harder. She needs Hannibal Lector, played by Anthony Hopkins, to help her find and arrest a newer serial killer, Buffalo Bill, who seems to be connected to Lector and has just kidnapped a senator's daughter.

Can we ever trust Lector? Is he leading us in the wrong direction? Plus, the way he hisses her name will make your skin crawl. This R-rated film perfectly combines crime solving with suspense to create one of the most well-known horror movies of our time.

"The Silence of the Lambs" gets 5/5 stars.

'The Blair Witch Project' (1999)

Three film students venture into the woods of Maryland to an old "town," formerly known as Blair. The students plan to make a documentary about a rumored witch said to have lived in Blair in the 18th century, and recount the stories from locals of a hermit who murdered children after claiming to have been forced to commit the crimes by the witch.

The beginning of the film lets us know that the students never came out of the woods, but their film was discovered and will help us find out what really happened. Although this R-rated movie is a bit slow moving for my taste, the idea of this being a "true story" is exciting, especially with the viewer seeing the students' supposed raw film.



Courtesy photo

"The Blair Witch Project" gets 2/5 stars.

'Rosemary's Baby' (1968)

Rosemary, played by Mia Farrow, is a naïve young wife who moves into a new apartment building with her husband, an aspiring actor played by John Cassavates. She notices that her new neighbors behave strangely, but she dismisses it. Her husband decides they should have a baby, and while Rosemary doesn't remember conceiving, she becomes pregnant.

The pregnancy is rough on Rosemary, and she begins to wonder if her perils are normal.

She gains clues about those living around her and begins to wonder if her baby will be safe.

This R-rated psychological thriller still gives me chills long after I've turned off Netflix.

'Rosemary's Baby' gets 3/5 stars.

The views and opinions expressed in this column are those of the author and do not necessarily reflect the official policy or position of The Collegian.

Bradie Armstrong is a freshman in biology. Send all comments to edge@kstatecollegian.com.

Mercy Regional benefits from annual Pumpkin Patch Arts and Crafts Fair

BY JAMIE TEIXEIRA
THE COLLEGIAN

The 41st annual Pumpkin Patch Arts and Crafts Fair for the Mercy Regional Health Center Auxiliary will be held Friday and Saturday at CiCo Park. All proceeds from the event will support the center's special projects and programs.

According to Margie Michal, senior director of the Mercy Foundation, Mercy Auxiliary is a fundraising branch out of Mercy Regional.

"The group is made up of volunteers come together to do fundraising and community awareness in the Manhattan community," Michal said. "They donated over \$100,000 this past year."

The Pumpkin Patch raises approximately \$17,000 annually for the Auxiliary, which donates to the health center through gifts.

"Isn't that something?"

Michal said. "A group of ladies who volunteer that time raised that kind of money."

For the past nine months, co-chairs Krystal Dekat and Kristin Haney – as well as the rest of the Auxiliary – have worked hard to arrange and manage the vendors and donations for the event. The Pumpkin Patch is host to over 150 vendors selling homemade arts and crafts.

"Everything is handmade or refurbished," Dekat said. "There are handmade items, from bows for little kids' hair to furniture that has been redone."

Among the bows and furniture, fairgoers can find jewelry, caramel popcorn, Christmas decorations and many other crafts. Children can even participate in various arts and craft booths throughout the two-day event.

The Mercy Auxiliary Health Center donates food items for sale, in addition to

the churches that host a bake sale. With chili and steak soups alongside homemade caramel popcorn, fairgoers can find both sweet and savory options.

The Pumpkin Patch is hosting two live performances this year. According to Dekat, on Friday night at 5:30 p.m. attendees can listen to the music of Michael Greim or stop by Saturday at 12:30 p.m. to listen to singer Lucas Maddy. The musicians will be performing next to the food booths.

After the food is eaten, the performers are gone and the crafts taken home, the Auxiliary members said they wish for the Manhattan community to know what the event's true purpose is.

"This is a major fundraiser for us," Hinkin said. "(We try) to have people see the connection between the hospital and the Pumpkin Patch. We want to make the presence known that it is benefiting the hospital."

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K-State tennis sends Castellano, Juhasz to ITA Central Regional Championships

By STEPHEN BRUNSON
THE COLLEGIAN

After a month's absence from play, K-State tennis resumes action in Stillwater, Oklahoma this weekend at the Intercollegiate Tennis Association Central Regional Championships.

Head Coach Danielle Steinberg will be sending a pair of sophomores to represent K-State. Sophomores Sara Castellano and Palma Juhasz have the opportunity to qualify for the USTA/ITA National Championships held in Flushing Meadows, New York, on Nov. 6-9 at the ITA Billie Jean King National Tennis Center by winning a singles or doubles title in Stillwater.

Steinberg said she is pleased with the progress and results of her sophomore duo.

"We're very pleased with our doubles right now," Steinberg said. "We tried new combinations and we taught them some new things but they picked it up very well and are playing very well. Sara (Castellano) and Palma (Juhasz) played very well in Oklahoma and had some strong wins right away and that was the first time they had played together. We were very encouraged by that."

Steinberg said the main goal

right now is not record.

"Of course you have expectations as far as wins and losses, but that's not the main goal right now," Steinberg said. "The main goal is to go out there and to implement everything we've worked on and to compete at the highest level. We're definitely excited about this weekend."

Castellano and Juhasz will be in the 9-18 seed draw this weekend. In doubles action this year, the sophomore duo has posted a 3-0 record.

As far as singles goes, Juhasz had a strong finish in her first competition of the year at the OU Invitational in Norman, Oklahoma last month. Juhasz ended a personal 10-game losing streak with a pair of wins to top off a 2-2 record. Overall, Juhasz owns the record of 15-19 in singles matchups. She recorded a 1-1 record last season at the ITA Central Regional Championships.

Castellano alternated between wins and losses and registered a 2-2 record. Dating back to last year with McNeese State, Castellano presents a 20-5 singles record. In 2013 at the ITA South Regional Championships with McNeese State, Castellano advanced to the Round of 16.

As for the rest of the team, Steinberg said she is pleased with her athletes work ethic as they condition, learn and improve their skills.



PARKER ROBB | THE COLLEGIAN

Junior **Amina St. Hill** returns a volley to Oklahoma's Emma Devine in St. Hill's defeat of Devine and K-State's loss to the Sooners at the Mike Goss Tennis Stadium on March 28.

"They are all buying in," she said. "They get up every day and give me 100 percent — which is great to see and as coaches it makes everything so much easier. We can definitely see improvement from everyone. We're back-

ing off a little bit as far as conditioning, so hopefully they'll be a little more fresh going into next week and will be more explosive and faster and that will translate onto the court."

Following the tournament

this weekend, senior Amina St. Hill, sophomores Iva Bago, Livia Cirnu, Riley Nizzi and Maria Pannate, as well as freshman Laura Hopton will compete next weekend in Des Moines, Iowa at the Drake Jamboree on Oct. 24-26.

BIG 12 | Weber predicts ESPN attention for new K-State guard

CONTINUED FROM PAGE 1

Rather than tell players what they will do for this team, Weber hopes they'll come into it on their own.

"Sometimes you make sly, little remarks (like), 'Hey, you're really rebounding well' or 'You're really guarding well,'" Weber said. "Hopefully they start taking pride in that stuff and figure out what they're going to do for the team because 'this is what coach thinks,' but we'll see."

K-State will start their 2014-15 campaign on Nov. 14 following an exhibition game against Washburn. That's enough time for Weber to instill much of what he spoke about on Wednesday.

"Osmosis" might be a unique way to put it, but the message it brings is good news for K-State. Experience, height and a deep bench can all factor into what the Wildcats hope to be a successful regular season and a deep run in the NCAA Tournament.

"Obviously, we're excited," Weber said. "Last year probably half our team was new. We had five freshmen last year and some transfers, so it was a little tougher transition, especially coming off a year where we had a very, very experienced team when I arrived at K-State. So now these guys are a year older. It makes it a little easier for us, obviously, with practice and just the preparing. Just feel like we have some good pieces."

Big 12 Media Day notes

- At least four coaches opened with comments about — surprise — the Kansas City Royals.

- "I know everyone is excited about them Royals," Baylor head coach Scott Drew said.

- Weber didn't dish out too many com-

pliments when it came to his new guard, Justin Edwards.

- "I promise you one thing," Weber said. "He will have some dunks that will get on ESPN."

- Georgia running back Todd Gurley's suspension has reopened the discussion of memorabilia and autographs, and how universities and athletic programs handle it.

- "We try to limit it (autographs) to one thing and for a child," Kansas head coach Bill Self said.

- Kansas has won 11-straight conference titles, but reaching 12 will be much more difficult this year, according to Self.

- "There are a number of teams in our league with a legitimate chance to win it," he said.

- Former K-State head coach and current West Virginia head coach Bob Huggins surprised the media in attendance at the Sprint Center a by wearing vest and bow tie.

- "It seems like the right thing to do," Huggins said. "I want to keep you people guessing."

- Weber said it's a "long shot" that fans will see D.J. Johnson this season.

- "He hasn't done anything since Kentucky," Weber said, adding that the junior is still in a boot.

- Johnson will likely receive a redshirt for the 2014-15 season.

- Staying with injury talk, Weber said a big key for success will be minimizing bumps and bruises throughout the year.

- "Keeping guys healthy ... will be very important for us," Weber said. "But it's definitely much better than a year ago, where at times we had trouble — especially if we went on the road, we had trouble having five-on-five in practice. We just didn't have enough people. Our walk-ons had to play an instrumental role."

K-State volleyball sweeps past TCU with assistance from balanced attack

By TIMOTHY EVERSON
THE COLLEGIAN

The 25th ranked K-State volleyball team beat TCU in Fort Worth on Wednesday in three sets.

The win extended K-State's (17-2, 4-1) streak to four following three consecutive conference road victories, a feat the Wildcats have not accomplished since 2008.

Set one found K-State's defense clicking on all cylinders as TCU (12-8, 2-4) hit a dismal .062 percent from the floor to go along with five total blocks in the set.

Sophomore middle blocker Katie Reininger, defending Big 12 offensive player of the week, and senior middle blocker Natali Jones both were perfect from the floor in set one with six kills a piece and zero errors.

"We did a nice job, both at net and in the back row," head coach Suzie Fritz said. "We didn't necessarily always get the swing we wanted in serve (and) receive, but we were really good in transition."

Set two found K-State playing from behind for the majority of the set until a kill from freshman outside hitter Kylee Zumach set alight a 8-1 run that saw the Wildcats take a 23-18 lead.

TCU tried to rally to only being down three, but could not overcome the Wildcats taking set two 25-21.

Set three was similar to set two in that it found K-State taking a deficit and turning it into a decent lead due to a 7-0 run.

K-State kept TCU within arms length but the Frogs never got closer



RODNEY DIMICK | THE COLLEGIAN

Sophomore setter **Katie Brand** bumps the ball on Sept. 8 at Ahearn Field House during a win against Missouri State.

than down three as the Wildcats took the set and the match 25-21.

It was the most efficient outing of the season for the K-State offense who hit a season best .318 from the floor on fairly distributed scoring.

Both Reininger and Jones hit at a rate of above .500 for the entire night on six kills for Reininger and eight for Jones.

It's Reininger's second-straight game hitting above .500 and her third of the season.

Zumach led the team in total kills with 11 that marked her 10th-straight game scoring in double-digits.

Defensively, K-State was as solid as they've been all season as they held TCU to .176 hitting percentage

and inflicted 13.0 blocks against the Frogs.

Jones led the team in blocks with six along with sophomore setter Katie Brand.

Brand also had 33 assists, four kills, four digs and an ace to add to her productive night.

"Katie Brand had a nice match," Fritz said. "(She was) pretty consistent and put us in a lot of hittable situations even though we weren't always handling the first (ball). She was making the second one better and giving us opportunities to get swings anyway."

K-State gets a break for the rest of the week off before welcoming No. 2 Texas their home of Ahearn Field House.



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UNEMPLOYMENT | Students need to get ahead in job market now

CONTINUED FROM PAGE 1

K-State provides a number of resources that can help give students the professional edge they are looking for, including departments like Career and Employment Services and Professional Advantage program.

Kerri Day Keller, director of CES, said the top three things K-State students can do to help themselves while in school include maintaining an above average GPA, gaining relevant experience through internships and taking advantage of CES workshops and services.

“(CES) provides career advising, training, employment connections and resources for K-State students and graduates,” Keller said.

Outside of CES, the College provides a unique, hands-on program with Professional Advantage, which provides students with direct connections to major companies Olivia Law-DelRosso, director of Professional Advantage, said.

The majority of the program’s work focused on teaching students how to interview and network straight by bringing recruiters and executives to campus, who often hire the students they meet and work with in Professional Advantage.

“Through talking to my students, a high number of them

find value in meeting professionals, where many of them get internships with those companies that they meet,” Law-DelRosso said.

According to Law-DelRosso, the process of building a professional career starts the moment a student walks onto campus.

“Students now need to start preparing for their career when they are freshmen,” she said. “It’s really important to start early, since you’re starting to build your resume from day one. Academics are really important, but you also have to be involved on campus with things like greek life, clubs and volunteer work.”

Activities like studying abroad and getting to know your professors personally can open up a wide variety of connections that help students find jobs outside of traditional sources.

For Law-DelRosso, the largest factor influencing students resume is experience. With the number of college graduates growing every year, simply having a degree may not be quite enough to stand out unless you have experience to prove yourself as valuable to a company.

“Companies want to see involvement and leadership along the side of good grades, as well as an internship to show you have some work experience,” Law-DelRosso said.



PHOTO ILLUSTRATION BY VAIL MOSHIRI | THE COLLEGIAN

Students that don't utilize career assistance opportunities while in college may find it difficult to secure a job after graduation.

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If you sell your item before your ad has expired, we will refund you for the remaining days. You must call us before noon the day before the ad is to be published.

1000
 Housing/Real Estate

110
 Rent-Apt. Unfurnished
MANHATTAN CITY Ordinance 4814 assures every person equal opportunity in housing without distinction on account of race, sex, familial status, military status, disability, religion, age, color, national origin or ancestry. Violations should be reported to the Director of Human Resources at City Hall, 785-587-2440.

MONTH FREE RENT. Woodway Apartments. Two, three, and four-bedrooms starting at \$730/ month. Free October rent for three and four-bedrooms. On-site laundry and carports. Pet friendly. Near KSU campus. 2420 Greenbriar. woodway_apartments@yahoo.com. 785-537-7007.

FREE UNTIL NOVEMBER. Chase Manhattan Apartments. Four-bedroom, two bathroom. No October rent. Two-bedroom, two bathroom, and den. \$760. Three-bedroom, two bathroom, and den. \$975. Close to campus. On-site laundry, pool, fitness center, two small pets okay. Firstmanagementinc.com. 1409 Chase Place. 785-776-3663.

110
 Rent-Apt. Unfurnished

FOUNDERS HILL Apartments. Two-bedroom, two bathroom apartments only \$895 with washer/ dryer, pool, hot tub, and fitness center. Two small pets okay. Firstmanagementinc.com 1401 College Ave. 785-539-4600.

115
 Rooms Available

ONE BEDROOM One Private Bath Available Dec 1st. Stainless Steel appliances, Washer/Dryer in unit, and Balcony. Sharing with one female who is easy to get along with and clean. Looking for female. Apartment complex requires 21 yrs of age or junior in college. Rent is \$564 and split utilities. Lease ends July 31st. 785-643-2044

200
 Service Directory

255
 Other Services

SAWMILLS FROM only \$4397.00- MAKE & SAVE MONEY with your own bandmill. Cut lumber any dimension. In stock ready to ship. FREE Info/DVD: www.NorwoodSawmills.com 1-800-578-1363 Ext. 300N

300
 Employment/Careers

310
 Help Wanted

\$2000 BONUS! Oilfield drivers. High hourly, Overtime. Class A-CDL / Tanker. 1 year driving Experience. Home Monthly. Paid Travel, Lodging. Relocation NOT necessary. 1-800-588-2669. www.tttransport.com

THE COLLEGIAN cannot verify the financial potential of advertisements in the Employment/ Opportunities classifications. Readers are advised to approach any such business opportunity with reasonable caution. The Collegian urges our readers to contact the Better Business Bureau, 501 SE Jefferson, Topeka, KS 66607-1190. 785-232-0454.

JEFF'S PIZZA SHOP is now hiring kitchen staff, servers, and delivery drivers. Apply in person at 1102 Laramie St.

DRIVERS - START WITH OUR TRAINING OR CONTINUE YOUR SOLID CAREER. You Have Options! Company Drivers, Lease Purchase or Owner Operators Needed (888) 670-0392 www.CentralTruckDrivingJobs.com

310
 Help Wanted

BUTLER TRANSPORT Your Partner In Excellence Drivers Needed. Great home-time \$650.00 sign on bonus! All miles paid. 1-800-528-7825 or www.butlertransport.com

EARN \$500 TO \$1000 A DAY Selling Funeral Ins. To Seniors. Day-time Market. Leads Furnished. Complete Training. Daily Pay; Health Dental Ins. Provided. Call 1-888-713-6020

Creative & Advertising Design

Earn class credit working with the Creative staff on The Collegian and other products during spring semester 2015.

Must apply before enrolling:
Topics in Mass Communications MC290
 Instructor permission required. No prerequisites necessary.

Apply online at www.kstatecollegian.com/apply/
 For more information stop by Kedzie 113 or email wallen@collegianmedia.com

Application deadline Friday, Nov. 21, 2014

graphicdesigninternship

Creative & Advertising Design

If you are a graphic design major and would like an on-campus Spring 2015 internship for credit, consider our Creative department. We design advertising as well as other products. Your art department adviser's permission is required. Apply online at kstatecollegian.com/apply or stop by 113 Kedzie for more information.

Application deadline Friday, Nov. 21

spring2015

310
 Help Wanted

CONTRACT SALESPERSON Selling aerial photography of farms on commission basis. \$4,225.00 first month guarantee \$1,500-\$3,000 weekly proven earnings. Travel required. More info msphotosd.com or call 877/882-3566

DRIVER TRAINEES NEEDED! Become a driver for Stevens Transport! NO EXPERIENCE NEEDED! New drivers earn \$800+ per week! PAID CDL TRAINING! Stevens covers all costs! 1-888-588-9677 drive4stevens.com

400
 Open Market

CHURCH RUMMAGE sale. College Avenue United Methodist Church, 1609 College Avenue, Fellowship Hall. Friday October 17th, 5:00 pm to 8:00 pm; Saturday October 18th, 8:00 am to noon. Furniture, televisions, and other electronics, clothing, house wares, and much more! Proceeds benefit Ogden Friendship House UMC.

Need a sublesser? Advertise 785-532-6555

455
 Sporting Equipment

GUN SHOW OCT. 18-19 SAT. 9-5 & SUN. 9-3 TOPEKA KANSAS EXPOCENTRE (19TH & TOPEKA BLVD) BUY-SELL-TRADE INFO: (563) 927-8176

Pregnancy Testing Center
539-3338
www.PTCkansas.com

Conceptis Sudoku By Dave Green

		7	1	6	5	2	
	9						3
4							
1							
6				8	4	1	7
9							8
3							9
	5						1
		1	7	9	8	3	

Difficulty Level ★★★

Answer to the last Sudoku.

8	4	3	9	2	1	6	7	5
9	6	2	7	8	5	1	3	4
1	7	5	6	4	3	9	8	2
4	1	6	5	3	8	2	9	7
2	9	8	4	7	6	3	5	1
3	5	7	1	9	2	8	4	6
7	2	4	8	6	9	5	1	3
5	3	9	2	1	7	4	6	8
6	8	1	3	5	4	7	2	9

Difficulty Level ★★

“Real Options, Real Help, Real Hope”

Free pregnancy testing
 Totally confidential service
 Same day results
 Call for appointment
 Mon.-Fri. 9 a.m.-5 p.m.
 Across from campus in Anderson Village

HAPPY BIRTHDAY

October — 2014

12 Charlie Allen	13	14 Ryan Bradley Russ Briggs Gary Edgar	15	16 Bubbles Heinen	17 Darlene Allen Linda Heinen	18 Mary Koppes Chuck Berry Eddie Allen
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Kedzie 103 | 785.532.6555

the collegian

Email Classifieds@kstatecollegian.com to add your special day to the calendar!



K-State Lafene Health Center

www.k-state.edu/lafene

General Medical Clinic Hours:

Mon - Thu: 8am - 6pm
Fri: 8am - 5pm Sat: 10am - 1pm
Walk-in flu vaccine Oct. 16th
8:30am - 11:30am
1pm - 4pm

Bring ID, Insurance Info, and \$17

Appointments recommended;

Please call first

785.532.6544

Study tips to help students survive midterms

By MELISSA GRIMMEL
THE COLLEGIAN

It seems like the semester just started and already we find ourselves in the middle of midterms week. Students across campus are flip-flopping between being anxious and being at peace about their tests, doing whatever they can now for the high scores that will lessen the pain of finals week later.

Though everyone has different learning (or cramming) styles, there are a few studying techniques that will work for anyone:

Start early

Between classes and campus involvements, being a student in college can be a full-time job in itself. Pushing study sessions to the night before the exam is a common sacrifice.

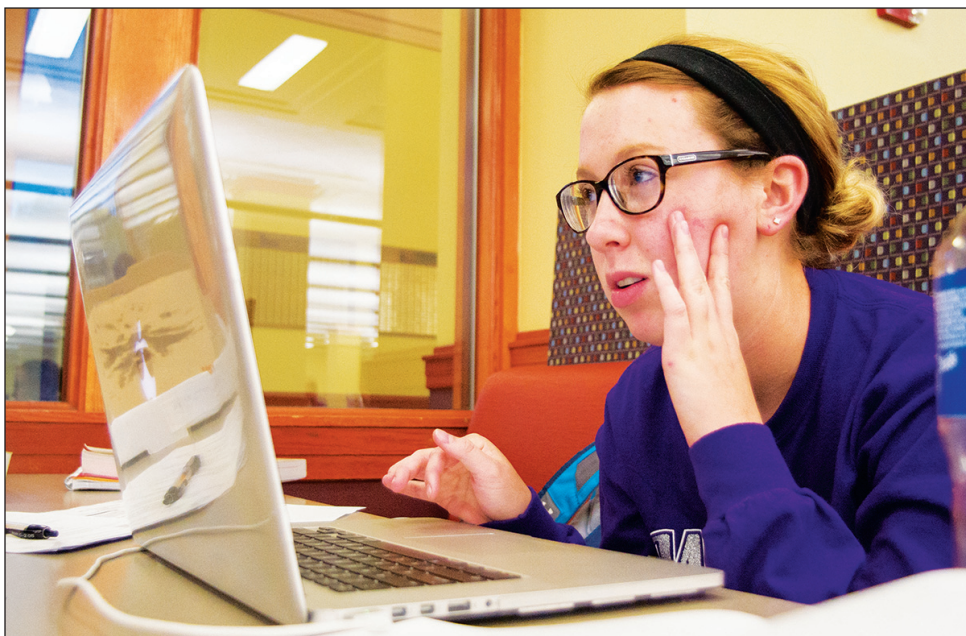
Begin organizing your notes at least one week prior to the test. Skimming over your notes a little each day allows information to sink in more than cramming does.

"I like to mark in my planner one week before a test, that way I know to start sorting through my notes and begin preparing," Kendra Lay, senior in secondary math education, said. "I learned this technique in high school. It takes extra time, but the additional effort is reflected in your grade."

Pick a study spot

Choosing the right environment for studying enables students to get more out of the material.

Whether it is at home, Hale



Kalin Watson, freshman in health and nutrition, studies for her American ethnic studies midterm in Hale Library on Wednesday.

Library or a coffee shop, choose a quiet study spot that has good lighting and little-to-no distractions.

"For the most part, I study in Weber Lounge; (it has) big tables that I am able to spread all of my class notes on," Amber Thompson, junior in animal sciences and industry, said. "It's quiet and I love how the lounge reflects the rich history in our ag department."

Power down

Technology can be the biggest distraction while studying. According to a 2013 NBC News article, even on their best behavior students can't concentrate on homework for more than

two minutes without distracting themselves by social media or email. The article also said people interrupted by technology score 20 percent lower on standard cognition tests.

So turn off your television, phone, laptop, tablet, etc. While it is very tempting to glance up at the TV or check your Twitter feed while studying, before you know it you'll have wasted 20 minutes of study time.

"Living in (Alpha Gamma Rho) and sharing a small room with two other guys means the TV is always on," Jake Robertson, junior in animal sciences and industry, said. "It is easy to watch TV and hold a notebook, but you probably won't do great

on the test. Turning the TV off has made a huge difference in my test scores."

Test day

First and foremost, be sure to eat breakfast the morning of your test. Whether it is pancakes, a Toaster Struddle, or granola bar – get something in your stomach. It will give you the energy you need to put your studying to good use.

"I usually eat a Pop-Tart before a test," Lay said. "Having my stomach growling is the last thing I want on test day."

Utilizing these tips will set you up for success during the last half of midterms week, as well as any tests you have in the future.

Coffee: from that first sip to weathering withdrawals

By SONIA KUMAR
THE COLLEGIAN

It's not uncommon to see students walk in late to class with a steaming cup of coffee perched in their hands. What is uncommon, however, is meeting caffeine addicts who understand how the caffeination process actually works.

So what happens when you ask a coffee shop owner, a barista and a coffee addict about coffee? Well, you learn how unique coffee is to the individual and find great alternatives for those wary of this caffeine-packed drink.

According to a report by the Food and Drug Administration about the effect of caffeine on the body, caffeine reaches a "peak" in your blood system typically within an hour after drinking it and can stay there anywhere from four to six hours.

Caffeine in moderation is not only normal, but healthy. But, what really is a "moderate" amount of caffeine? According to the FDA report, doctors suggest that 100-200 mg, or one to two 5-ounce cups of coffee is a good daily limit for caffeine. However, that limit varies from person to person.

For David Adkins, owner

and general manager of Arrow Coffee Co., a moderate dosage is 8-12 ounces of black coffee or 2 ounces of espresso shots.

Mabry Keel, junior in business entrepreneurship and former barista at Cafe Q (formerly located in Fiedler Hall), suggested two or three shots of espresso or a medium cup of coffee for a good amount of energy.

Ultimately, it is important to be aware of your limits and stick to them. According to the FDA report, four to seven cups of coffee each day is too much.

For Sam Easley, junior in history, her first sip of coffee is "the greatest thing ever." Easley said she needs coffee to stay awake and her lethargy dictates the quantity. She even suffers withdrawal at times if she is not regularly being caffeinated.

Withdrawal is common when drinking caffeinated beverages. Moreover, people who drink caffeinated beverages daily may not even get a rich sense of alertness. According to the FDA, headaches, muscle aches, a sense of depression and crankiness are all symptoms of withdrawal.

Although the coffee withdrawal cycle might be hard to break, medicinenet.com, a healthcare media publishing company, recommends slowly



Illustration by Sonia Kumar

cutting down your dose of caffeine over a period of days or weeks instead of going cold-turkey.

What do you do if you don't like coffee, but want that caffeine kick?

Adkins suggested alternatives such as caffeinated teas, lattes and using different brewing methods like cold brew

which has a natural sweetness, flavor and reduced acidity. Despite being a barista, Keel said he doesn't love coffee, but he enjoys a good mocha.

Even if you personally dislike coffee, it is worth it to step out of your comfort zone and try something different. College is the time to experiment, so go on and take your first sip already.

Slightly sarcastic horoscopes from Madam LoCoco



IRIS LoCOCO
THE COLLEGIAN

Libra (Sept. 23 - Oct. 22)

Now may feel like it's the right time to finally sell all of your earthly possessions and take that road trip across North America to "find yourself." The stars recommend doing this now, but only because it will always be a terrible idea and you should probably just get it out of your system while you're young.

Scorpio (Oct. 23 - Nov. 21)

You seem to be losing your grip on reality lately. Nothing new for you, though. You're already so far gone that not even velcro gloves, a vice and a lifetime supply of crazy glue will save you.

Sagittarius (Nov. 22 - Dec. 21)

This week will be full of fun and sunshine! Too bad you spend your days indoors staring at a dimly-lit screen full of cat memes and unanswered emails while you cry about the 15-page research paper you haven't started yet.

Capricorn (Dec. 22 - Jan. 19)

A deep sense of universal understanding shall grace you this week. Sure, it might be the understanding that your entire life is populated with incompetent ignoramuses, but it's understanding nonetheless.

Aquarius (Jan. 20 - Feb. 18)

Tempers flare this week as egos clash in your place of work or in class. Don't get too involved in the drama, though. After all, you're better than all of them, anyway.

Pisces (Feb. 19 - March 20)

Unwashed hair and halitosis might not be the best way to ward off unwanted flirtations, but assuming that's what you're going for ... good for you!

Aries (March 21 - April 19)

If you're especially tired of everyone's crap this week, remember that donning a snorkel and flippers before diving into the cesspool does not actually make the experience any less unpleasant for the diver.

Taurus (April 20 - May 20):

It may be prudent for you to start scoring some extra points with your manager or staff supervisor soon, unless the phrases "sub-par performance review" and "vehicularly housed" sound appealing.

Gemini (May 21 - June 20)

Despite recent setbacks, your optimistic side will eventually win out. Meanwhile, your pragmatic side will sigh dramatically and silently begin measuring your optimistic side for its casket.

Cancer (June 21 - July 22)

Now is a good time for you think about changing careers to accommodate future kids. No, I don't mean baby humans. I'm talking about baby goats. You should become a goat farmer.

Leo (July 23 - Aug. 22)

Fall is now upon us and the new season is always a good time to pick up a new hobby. Perhaps start with something you're already fairly good at, like procrastinating.

Virgo (Aug. 23 - Sept. 22)

You are feeling more receptive to new ideas this week. Especially ideas that one drunk guy on the corner in Aggieville is screaming at passersby. Maybe the stars are trying to tell you that you need to drink less.

check out the
religion directory

EVERY FRIDAY

Patient Zero Mystery Point

Could there be a bright side to all of this? Reading this book makes me think so.

PQ8180.17.A73 A813 1988.

AG EQUIPMENT AUCTION

WED., OCT. 22

Bidding starts to close at 10 a.m. CDT

BID NOW!

purple wave auction

200+ ITEMS SELLING WITHOUT RESERVE! Including: sprayers, spreaders, applicators, tractors, hay/forage, heavy trucks, augers, rotary mowers & more. 10% buyers premium. **866.608.9283**

CAUMC Rummage Sale

Proceeds benefit Ogden Friendship House

Friday, Oct. 17, 5-8 pm
Saturday, Oct. 18, 8 am-noon

Furniture • Electronics • Clothing
Housewares • And MUCH more!

College Ave UMC • 1609 College Ave.

Ogden Friendship House is a ministry of the United Methodist Church to, with, and for the community of Ogden. Ministries include food, clothing, and after-school programs.

Washington
Honeycrisp Apples

Lowest Price in town!

\$1.69 pound

Mix'n Match with 8 other kinds!

Houseplants Sale!

Entire Stock
Half Price

Select Pottery
1/2 OFF!

FALL HOURS
8am-7pm
Mon-Sat.
9am-6pm Sun.

Eastside Westside Market

Largest Display of Pumpkins in town!